



Open with Play Time

Welcome each Kid-O into the room as they arrive. Help them find a toy or game to encourage engagement during play time.

__:20 Music & Worship: Pick a song

Have Kid-Os use scarves, ribbons, or instruments as you lead them in singing. Encourage the Kid-Os to use their hands, feet, and voices as they worship God!

__:25 Group Time

Follow the Group Time Guide on the next page.

__:35 Coloring

Hand out the Bible story coloring sheets and coloring utensils. Encourage the Kid-Os to color a picture to take home!

End with Play Time

Allow the Kid-Os to play or color until they are picked up. Before each Kid-O leaves match their name tag to the grown-up's security tag.



Group Time Guide

Supplies Needed: Instruments

1. Circle Up

Circle Up: Have all Kid-Os sit in one section of the room for story time.

2. Bible Story: Jacob and Esau

Do This: Read through the Bible Story at least one time. If Kid-Os are engaged, feel free to read it a second time.

3. Hands-On Option: Calm Down!

Say This: Jacob and Esau were both very mad at each other, but they chose to forgive! There are times when we get really mad too! Maybe someone takes our toy, or we don't get what we want, or we get knocked down - we can choose to forgive too with God's help! Let's practice ways to calm down, so that when we're mad, we can choose to forgive! When I'm mad, it sometimes help to breath, or count, or sing! Let's try!

Do This: Have kids do the following with you. Repeat as desired.

- Take a DEEP BREATH in, and then make your CHEEKS REALLY BIG LIKE A BALLOON. Then SQUEEZE YOUR CHEEKS and let all the air out.
- Have kiddos CLAP while you chant: "1,2,3,4,5 – I'm waiting 'til my anger flies! 6,7,8,9,10 – If I'm still mad I'll count again"
- GET THE INSTRUMENTS BACK OUT and have the kids play instruments while you sing to the tune of "The Wheels on the Bus": "When I get mad I can forgive, can forgive, can forgive, when I get mad I can forgive, with God's help!"

"Wow! When we calm down, we can choose to forgive like Jacob and Esau! Great job!"

The Point: God can help me to forgive!

4. Prayer

Do This: Pray! "Dear God, we love you. Thank you for loving us. Help us to forgive. Amen."